

BOB'S STUFFED ZUCCHINI AND POTATO (COURGETTES)

Ingredients

2 zucchini
2 yellow zucchini
6 small potatoes (all the above about the same diameter size)
1 small onion – diced
2-4 garlic cloves – chopped
6 tablespoons olive oil
6 tablespoons tomato paste
½ teaspoon curry powder (see other recipe)
½ cup home-made chicken broth (see other recipe)
3 cardamom pods
1/8 teaspoon fresh ground allspice
Juice of ½ lemon
Chopped parsley garnish
Salt & pepper

Process

Bring a large pot of well salted water to boil. Cut the zucchinis into lengths of about 2" to 2 ½" crosswise so they can stand on the cut end showing green or yellow all the way around. You should have a total of 6 of each color. The potatoes should be about the size of the diameter of the cut zucchinis. Peel the potatoes. Add the potatoes to the water and boil for about 6 minutes, then add the zucchinis and boil all for an additional 5 minutes. Remove all to a platter to cool to just able to handle.

Preheat the oven to 375°.

Using a small fruit baller, hollow out the center of the zucchini pieces so there is a pocket in the top and save the remains in a bowl. Cut a flat spot on the potatoes so they can stand and then hollow out a similar pocket in the potatoes, again saving the remains in the bowl.

Chop all the remains to a fine size, but not mush and add the garlic, onion, half the olive oil, tomato paste, curry powder, allspice, the seeds of the cardamom pods, lemon juice, some salt and pepper.

Arrange the vegetables on a baking pan and fill the pockets with the stuffing above and drizzle the chicken broth and remaining olive oil over the tops. Add a bit of salt and pepper to the tops along with a garnish of chopped parsley.

Place the baking pan in the oven to roast for 35 to 40 minutes or until golden brown and serve warm. Serves 6 (one of each kind).

Bob Snyder
343 Blake Street Wray, Colorado 80758
970-332-0663 – sirbobert@snydersmart.com
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